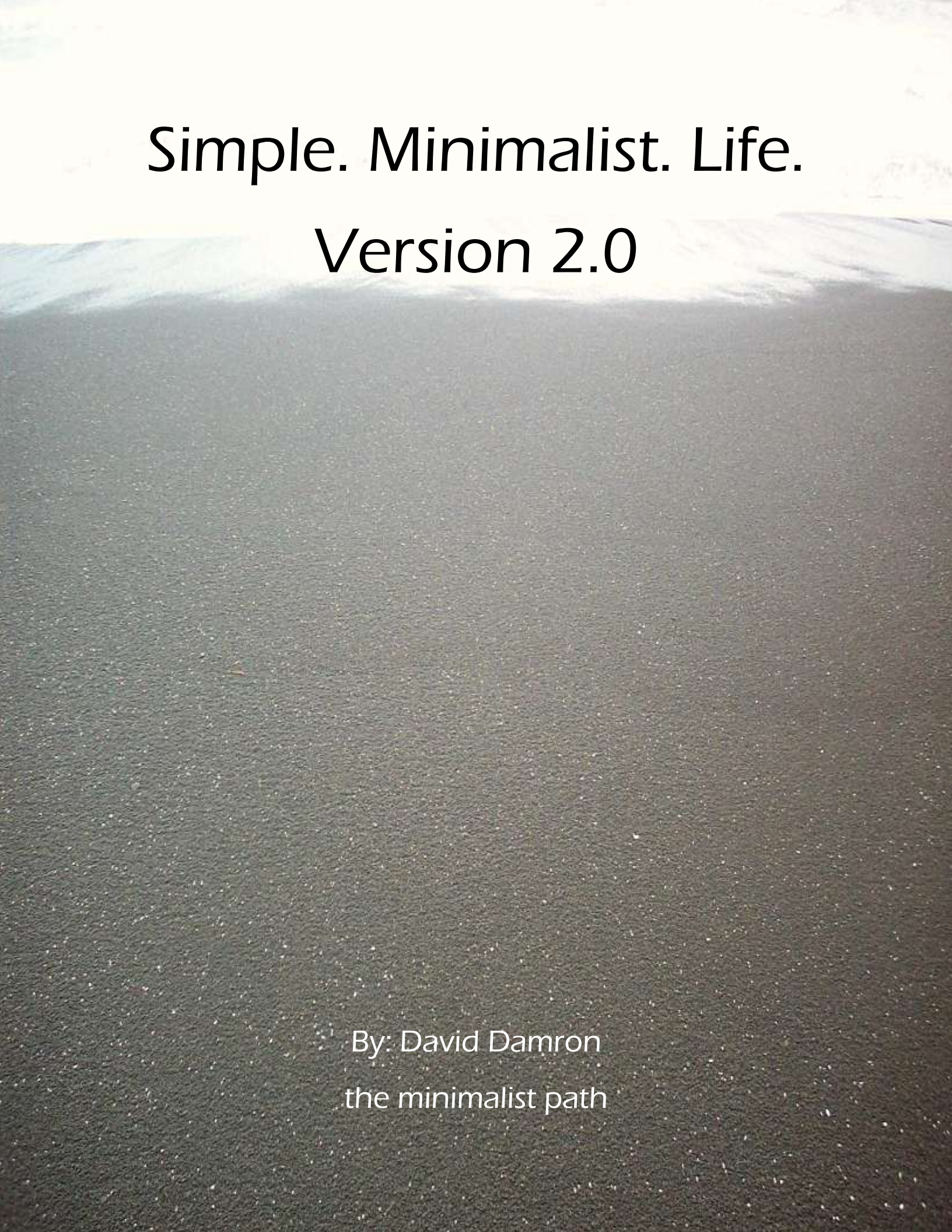


The background of the entire page is a photograph of a vast, flat landscape. The foreground is a dark, almost black, textured surface, possibly sand or gravel, with some small white specks. In the distance, a bright, hazy horizon line separates the dark ground from a pale, overcast sky. The overall mood is minimalist and serene.

Simple. Minimalist. Life.

Version 2.0

By: David Damron
the minimalist path

We have come a long way.

On September 28th, 2009, The Minimalist Path was launched with hopes of inspiring a couple handfuls of others to live a simpler and more balanced life. Today, *the minimalist path* reaches thousands upon thousands of readers all over the world overcoming any and all expectations I have had for this venture.

The minimalist path (TMP) has been able to change many lives in many ways. For some, TMP has brightened their outlook on the possibility of gaining control of their life. For others, they are a tad bit more productive and are able to focus on what they truly want to focus on. Sure, there are those who believe differently than I when it comes to meanings and approaches towards a simpler life. However, the overall aspect of simplicity is acknowledged on both sides of the conversation. Wherever readers stand in regards to the focus of TMP, people's lives have been changed and it is all thanks to the efforts of everyone involved and interested in TMP.

Through this eBook, I hope to share a few thoughts and insights as to ways to simplify your life. Many of these areas come from TMP with additional information and commentary. Hopefully, this will help improve upon the approach already established at TMP.

I thank you all for taking this journey with me and hope to continue this growth as individuals.

Well wishes...

David Damron

Founder, the minimalist path

ABOUT THE AUTHOR

David Damron has developed his blog [the minimalist path](#) into an insight of his journey to live a simpler life by practicing minimalist ways. Along with his journey to simplify, the minimalist path has become a resource for developing the lifestyle that many of his readers wish they had.

Damron has also written the eBook's [PROJECT M-31: Simplify Your Life in 31 Days](#) & [Minimalism: 7 Steps to a Simpler Life](#).

He grew up in Sacramento, the capital of California, and graduated from California State University, Sacramento. Damron has traveled through Europe, Australia and the North Island of New Zealand. Currently, he lives in Mesa, Arizona.



WHY YOU SHOULD READ THIS EBOOK

By Knowing Why, You'll Learn More

For many of you, you accidentally stumbled upon the minimalist path and found an article or two that caught your eye. You may have thought about how the words applied to your life and the benefits of possibly taking said advice. Through those articles, you have been provided somewhat of a guide to reclaim a small bit of freedom in your life. No matter how small or big, this opportunity led to a positive modification of your life. That is exactly why you should read this eBook.

In Search of a Path

I cannot say all people read TMP or similar sites because they have a lot wrong in their life. However, many people do read TMP to find a way to correct something that isn't right in their life. Whether it is that life has become too overwhelming or that a small change to approach is all that is needed, TMP has led many to discover that hidden speed bump and a way to overcome it.



Why Read

The main focus of this eBook is to assist you in finding a simpler life through a minimalist mindset.

You more than likely picked up a copy of Simple. Minimalist. Life. Because you have this urge to positively make a change. Through the examples, advice, and experience presented here, you should be able to make some significant immediate and long term changes that will improve the quality of your life.

Make Focus a Reality

Between Twitter and Facebook and iPhones and 3D television, there is a lot to distract you from what's your focus.

Let's assume you know what your purpose is. You love interior design and want to become a professional interior designer. You know your purpose, but you just can't seem to follow through on the action side. This is why you need to read this.

Through the following chapters, you will see that through a simplified lifestyle approach, you will gain access to focus on that which is your purpose in life.

WHY I DON'T MATTER & THAT'S OKAY

It's All On You

Don't you just love when an eBook is in your face and tells you that it has to be done by you and no one else? Well, Simple Minimalist Life is going to continue the trend.

In the movie Bruce Almighty with Jim Carrey, Carrey's character Bruce complains time and time again that god is not answering his prayers/wishes. So, god decides to give him the chances to do his job. Needless to say, Bruce becomes overwhelmed with the responsibility of answering everyone's prayers and asks for his life, that he is now grateful for, back. Bruce learns that the only person that can control his destiny is himself.

See where I am going with this.

Now, I am not saying I do not want to answer your questions, comments, or feedback. Far from it. Please continue to engage with me. However, this movie makes a valid point about our own success. Whether you believe in God, Buddha, or many gods, you still control your future. Your success comes from your own actions. **Sure, the path can be challenging, but a challenging journey is much more worth living than one handed down to you.**

The Mirror, Your Friend

I am not like most people. I love looking in the physical and metaphorical mirrors.

Mirrors are like results on a test. They tell you how you have done and where your flaws are.

Am I still flawed? I am definitely flawed. However, my mirrors have helped morphed my approach and attitude to where I am headed. Through these mirrors, I can see possibilities that motivate me to improve.

Mirrors should not scare you or impede you from success. If anything, your mirrors



should be used as a tool to improve upon your previous successes.

When you start to look in the mirror, be analytical, but think forward and plan for your progress from this point.

Using your mirrors is a simple way to approach a major life change such as minimalism.

The key here is that there will be no other mirror like your own so do not be distracted by my mirror, your spouse's mirror, or any other mirror than your own. This focus will bring about results that are unique to your approach and will lend itself to your own success.

Love Your Power, Love Your Control

Who doesn't love power and control? I doubt there is a person that doesn't love both of these things. However, many people choose not to have control and power over their own life because of one overpowering aspect called **FEAR**.

I doubt this eBook will bring about a major mental switch to be completely fearless in everything that you do (though I hope it does). But, fear must be acknowledged here as it applies to your minimalist lifestyle in many ways.

The tendency in many cultures these days is that stuff is who we are rather than we are who we are.

Materialism and consumerism are now the fabric (literally?!) of our society's and living up to these standards is impossible.

What we fear more than anything is the eye of the other? We fear what others may think if we live a simple life. Our dreams are built on what others tell us to have, when, in reality, our deep down dreams are something completely different.

Am I saying an Apple MacBook Pro wouldn't be an amazing gift from a reader (hint, hint) because it would be conforming to the demand of the community? Well, it depends. Do I need and want to have this or any specific item or do I want this item strictly for social status purpose?



I am a believer that toys (i.e. non-essential goods and services) are not bad things. Most minimalists would agree that this is the case. However, toys that are not of the beholder's true desires are nothing but fancy, over-priced signs of desiring attention.

We come full circle now though. You have the power and control to handle these

situations in your life. Are there items and experiences that I have that are in demand by others also? Yes, but they are only a part of my life because I want them and not because others want me to want them.

You control your destiny. Your destiny can either follow the crowded, safe path of many or be a treacherous one that leads to a simple and fulfilled destination.

Love your power. Love your control.



HOW THINGS HAVE CHANGED

The More, The Merrier

As of October 1st, 2009, there were maybe two handfuls of primarily minimalist websites that provided excellent insight into this lifestyle and it's potential. On the day this eBook was published, there are roughly double that. Though the first reaction would be that the minimalist niche is becoming everything but such, this is definitely not the case.

With the ever-growing community of minimalist writers and bloggers, comes the opportunity to learn a vast array of different approaches. I will be the first to tell you that I am neither wrong nor right when it comes to being a minimalist as is every other minimalist. There is only the opportunity to apply more and more unique approaches to such a lifestyle.

the minimalist path

As mentioned earlier in this eBook, there is no one direct path to becoming a minimalist.

So, why is my blog entitled *the minimalist path* if it is not the right path?

The name was chosen because it represents the journey of becoming a minimalist, yet not the sole path for all. If you notice the header image (as seen below) of TMP, the letters **t-m-p** are each lowercase because they are not stating the exact route, rather the notion of such a journey.

The path you take will be different than most others blazed before you.

the
minimalist
path



Living a Simple & Balanced Life

Neither Wrong Nor Right

I noted that I am neither right nor wrong. This is important because your lifestyle approach should never be founded on the morals and principles of a single individual.

There is no right or wrong. There is only the possibility for more of whatever brings meaning and purpose to your life.

There was a time when I thought my way was the only way. Thankfully, through learning from fellow minimalists, I have come to understand that implementation of bits and pieces from everyone's path are the key to finding my own. The same applies to you.

Connect with Everyone

One of the greatest parts about the minimalist community is the ability to connect with almost every writer and applier out there.

Back in January 2009, I started communicating directly with my minimalist influence, Leo Babauta. The significance of approach of the popular minimalists is to connect and spread the word to as many people as interested. Through the personal teachings of Babauta, I have been able to hone my skills to become a role model myself in the minimalist world.

Why Change is Good

I have always been a proponent for change. I love change. Change usually means that I am doing something to better myself or others. Change in the minimalist world is just as welcome.

With the change of only a few voices heard to the voices of thousands being heard, minimalism brings in new perspectives and approaches. Most changes are going to give options to those who may have been scared off by the directness of those first few voices. This is the exact reason why the more, the merrier is noted as the subtitle here.

Imploring You

One of the greatest aspects of starting *the minimalist path* that I did not think would occur when I first launched it was the overwhelming positive effect it would have on others.

this is that if I had this desire to become a great actor, it would be extremely tough to work directly with them. However, the

The minimalist path started out as a way to learn blogging more and spread a few words about my minimalist approach. Within the first 9 months, I have changed many lives as per feedback.

Why do I share this with you? Because you can be me. Correction, you can be much, much more important to the minimalist movement than me.

I am no more special than you or the next person. I just decided to share my thoughts and people responded. Consumerism has become a major voice and influencer in the world today. There is no reason you can't do the same and maybe even counter that consumerist opinion more than Babauta or I have been able to.



3 ASPECTS OF MINIMALISM

Simplicity, Productivity, & Lifestyle

My idea of minimalism, which is neither right or wrong, can be broken down into three parts: Simplicity, Productivity, & Lifestyle. These three points on minimalism represent the primary focus of application in most people's lives.

With that said, I guarantee you will find a thousand more differing points of view on minimalism. With anything, there is a differing approach and understanding that I appreciate for variety's sake. You may even disagree with me, but even so, you can still apply these three points I address towards your minimalist approach.

Through these 3 aspects of minimalism, clarity and focus may become easier when approaching those changes as noted earlier.



Simplicity

Apple is one of the most successful companies worldwide. Why? Is it because they have great customer service? Possibly. Is it because they create an option to the Microsoft monopoly? Could be. However, I lean towards the fact that they bring simplicity to something that is everything but simplistic.

People love simplicity. People love to know that if they do A that B will occur. People love the ease of something as simplistic as

an iPod or iPhone. People love that you don't have to be a computer whiz kid to figure out how to use their products. This simplicity, in my eyes, is the exact reason why Apple is one of the most successful simplistic companies.

With times as they are, living a simplistic life is almost as difficult as living on the moon. Between the distractions of entertainment, technology, celebrity, and son on, there are definitely reasons for the lack of simplicity in life. But, then we realize how successful companies and their products and services

(i.e. Google search) are. The contradiction is right in front of our faces yet we tend to ignore the obvious.

So, why do so few practice simplicity if they actually love it?

It all comes back to the difficulty of going against the grain. Is it simple for Apple and Google to be simplistic successes?

Definitely not, but they know that if they perfect the solution and make it as simple as possible, then they will succeed. The same can be said and applied to what we do.

Multitasking has become a rave with computers becoming as much a part of our livelihood as food and water. **However, multitasking rarely produces efficient results.** By focusing on one task at a time, we are capable of being more productive. The simplified approach of taking on one task at a time is just one example of simplicity at its best.

Applying simplicity can be the sole reason you enjoy more aspects of life and become a more productive individual.

Productivity

How many times per day do you check your email? How many hour long meetings do you attend weekly? How often do you procrastinate to make a list of things to do? There is a high likelihood that you do these exact things daily and you are in good company. For example, ME.

As more and more productivity tools become available, it becomes more and more obvious that the only necessary tool is your applied focus.

At TMP, I have described ways to apply productive actions to your life and, hopefully, they have helped. However, they still do not compare to the power of focus.

Through the powers of simplicity and productivity, we are able to build a minimalist lifestyle.

Lifestyle

Probably, the brightest part about being a minimalist is the lifestyle.

No, it doesn't come with an entourage, Escalades on 20's, or mega-mansions. However, it does come with serenity, peace, and a calmness that can probably only be



outdone by Buddhists hidden away in a beautiful, natural forest in a faraway land.

The lifestyle of being a minimalist is extremely rewarding. For example, the stresses of the financial burden of stuff is reduced if not eliminated altogether.

Does this mean that your lifestyle cannot have the stuff you do love and not just like? To the contrary, you actually are capable of possessing the things you love and more of it.

Am I the one to tell you what you should have? No. This responsibility is placed upon the one living a minimalist lifestyle.

A minimalist lifestyle is not meant to deprive you of what you love, rather promote those aspects. This can be difficult to implement because we have so many things in life that we like, but that prevent us from having that which we love.

Throughout this eBook, you will discover how simplicity, productivity, and lifestyle not only are the foundation for a minimalist, but the features that will promote a vibrant future.



START TODAY

6 Simple Ways to Start a Minimalist Life Right Now

- Step back from your responsibilities and survey which are truly important to YOU.
- Write down your goals and objectives for the next day/month/year & then write a daily action step towards them.
- Implement the word 'less' 3 times a day (i.e. browsing, shopping, eating, etc.).
- Start Saying No to commitments that you don't want or need to commit to.
- Recognize and live a simpler day daily.
- Before buying anything (other than food), visit your local second hand store for desired item.



LIVE SIMPLER

3 General Ways to Simplify

Clutter. Confusion. Messiness. These are, unfortunately, all a part of many people's lives today. However, there is always the opportunity to change, always the ability to grasp a different lifestyle. With that, I suggest focusing on the simpler life.

Growing up in a modern middle class home, I had all I needed and not too much of excess. However, as money became available in my young adult years, I bought items that were unnecessary. I have changed my ways over the last 4-5 years and now live a simple minimalist life. It has allowed me to follow path's that would not have been available had I been in major debt or surrounded by useless materials.

Choosing the simpler life is tough with all of the outside influences today. Despite completely disagreeing, I completely understand the acceptance of consumerism and materialism in society. Focusing away from both of these horrible habits and onto a simpler life will not only lead to less stress, but also a happier, more fulfilled life.

Here are 3 ways to implement living a simpler life:

- **Stop Buying** – Limit your purchasing habits to only that which is necessary. Limiting the useless STUFF that surrounds your life will allow freedom to do what you want when you want.
- **Breathe** – Taking in deep breathes and relaxing will allow you to enjoy the simple pleasures that we miss in the hustle and bustle of our “productive” lives.
- **Write Lists** – Lists helps us organize and focus on tasks/goals. Make lists of things you want to do and accomplish. This action will help keep you on your desired path without allowing society or urges to influence your decision.

Do these 3 things daily...

- Relax
- React
- Reflect

...and you will find simplicity
in all that you do.

SIMPLE ACTIONS

5 Ways to Live a Balanced Life

The following are just five of the small actions you can take to start balancing your life...

1. **Get rid of your smart phone.** Sure, some look cool and can do a lot, but do you really need to be playing Pocket God for 30 minutes/day. You once lived without it. Try it again. When I walk down the street, I see more and more people looking down...at their PDA. Out of the 100's of out-in-the-world tweet's I read daily from home, a small fraction of them actually entertain me. Stop wasting your precious time outdoors and reconnect with nature.
2. **Write something (ANYTHING) on paper for 10 minutes.** I hate wasting paper so what I have done is cut full sheets down and jot notes or thoughts on them. It is so nice to reconnect with my thoughts instead of mindlessly typing. It doesn't matter what you write either (i.e. love letter, birthday card, thank you note).
3. **Go to a park, close your eyes and just breathe.** I don't do this enough. However, when I do it is extremely relaxing and helps me reconnect with my body and nature.
4. **Do something other than check your email when you wake.** This is another that I am trying to work on. Grab a glass of OJ, step outside and watch the sunrise. Just try not to feed your internet addiction while the morning sleep is still in your eyes.
5. **Take 10 minutes/day and just listen.** It doesn't matter where you are. Just be aware of how chaotic the world is around you. Listen to how much is going on that doesn't need to be. It may open your mind to the unnecessary noise, literally and figuratively, around you.

4 STEPS TO A MINIMALIST DAY

Implementing Minimalism on a Daily Basis

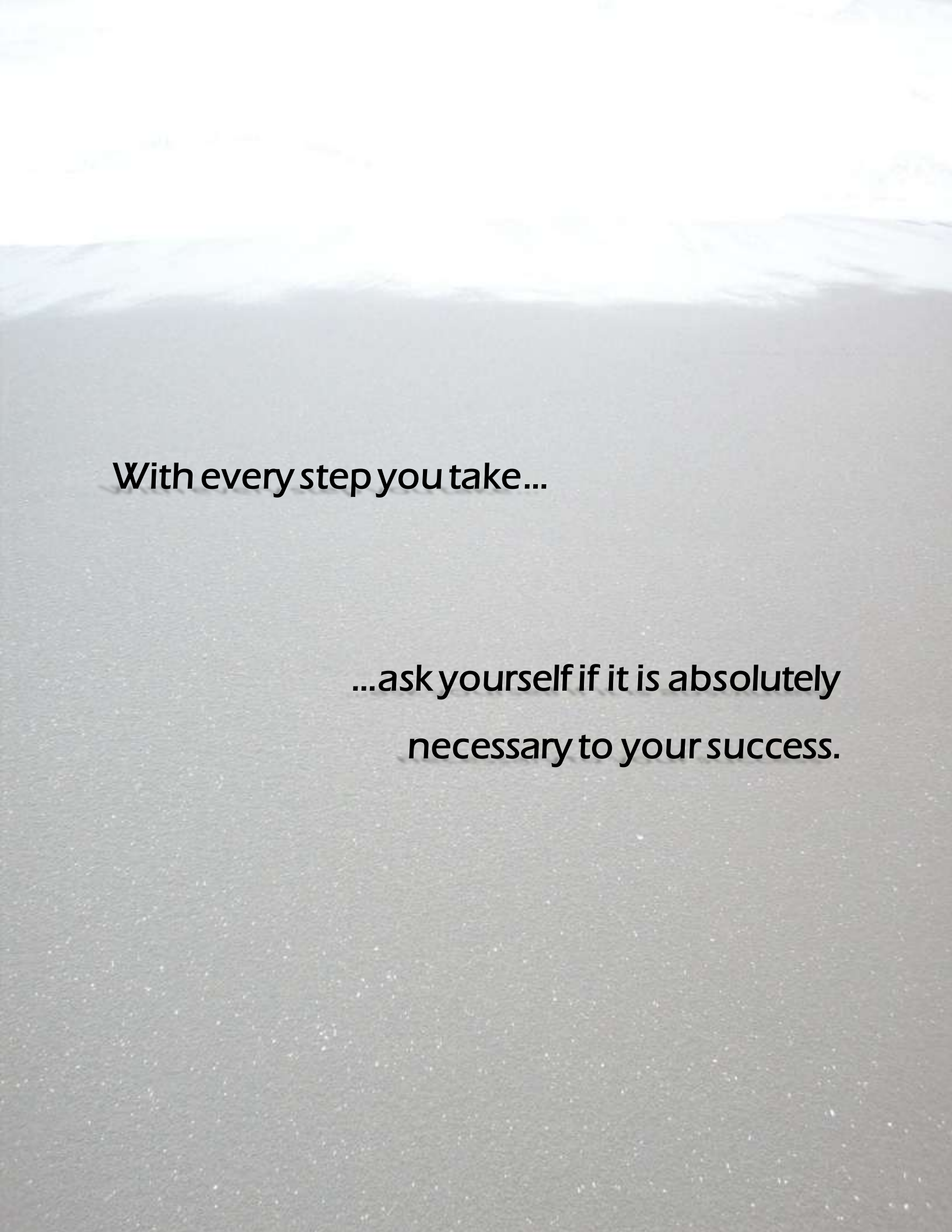
Do you feel overwhelmed by the abundance of life that you face daily? This can be a great thing, unless you are doing something you do not love. Managing life and all its intricacies can be done successfully by implementing minimalist perspectives to your daily life.

The minimalist lifestyle is far more than just reducing stuff. Sure, that is a distinctive part of being a minimalist, but developing the habits of a minimalist can improve each and every day.

4 Steps to a Minimalist Day

1. **Wake up early and eat breakfast.** Waking before everyone else allows you to organize your thoughts and most importantly BREATHE. When you are not stressed trying to get ready for your day, you are able to focus on preparing a positive day. Eating breakfast is monumental to having the necessary energy to be positive and productive.
2. **Smile and say 'No Worries' all day.** Making yourself smile may be annoying, but the more you develop this positive habit, the brighter you will view your day. Try saying 'No Worries' to any shortfall or downsize. The less you stress about all the problems you could stress about, the happier you will be. Minimize gloom and stress and your day will be on the right path.
3. **Don't buy anything.** Make your meals and snacks. Don't shop online. Don't buy anything on your route to and from anywhere. Try limiting your purchase or spending days to twice a week. You will live a healthier and budget-friendly life this way.
4. **Enjoy silence.** Take a stroll through the park after dinner. Sit on the porch watching the sunset. Do something that involves peace and no technology. Taking this moment at the end of the day to enjoy your surroundings. Silence will improve your thought process for living the life you want to be living.

These 4 steps are just a few that I implement. I believe they help me maintain a minimalist lifestyle that doesn't involve demolishing a realistic lifestyle. So try and implement at least one of these in your week and see if you have benefited from it. I think the odds are you will.



With every step you take...

...ask yourself if it is absolutely
necessary to your success.

SIMPLE THINKING

Result-Oriented, Forward Thought Process

Through clear thought, we are able to focus and not let the unnecessary cloud our decisions and lifestyles. To go along with this approach in life, I would like to suggest Simple Thinking.

Simple thinking is breaking down the drawn out questions we ask in life to simple, precise questions that will lead to more accurate decision making. I have to admit that I often dwell too much on a decision and ask every plausible question. In some instances, you do need to ask any and every valid question to make sure you do not put your life in a poor position. However, more often than not, we just need to be asking ourselves simplified questions.

We should all face reality and not waver on our decisions. To do that, we need to face the true question. We tend to circle the issue at hand without addressing it directly. All that does is lead to procrastination. I think we should all be able to address the importance of our response instantly. If not, we are cluttering our mind and not capable of simplifying our lives.

A couple simple questions that I tend to ask myself daily are as follows:

- **Why?**
- **Why not?**
- **Why am I doing this?**
- **What positive will this bring to my life?**
- **Am I doing this for the right reasons?**

These are just a few questions that fly through my head with almost every decision I make. They may lead to longer answers than I would like here and there, but more often than not they simply answer the question. This simple way of thinking allows me to make quick, positive decisions that help me move forward and not delve into unimportant thought processes.

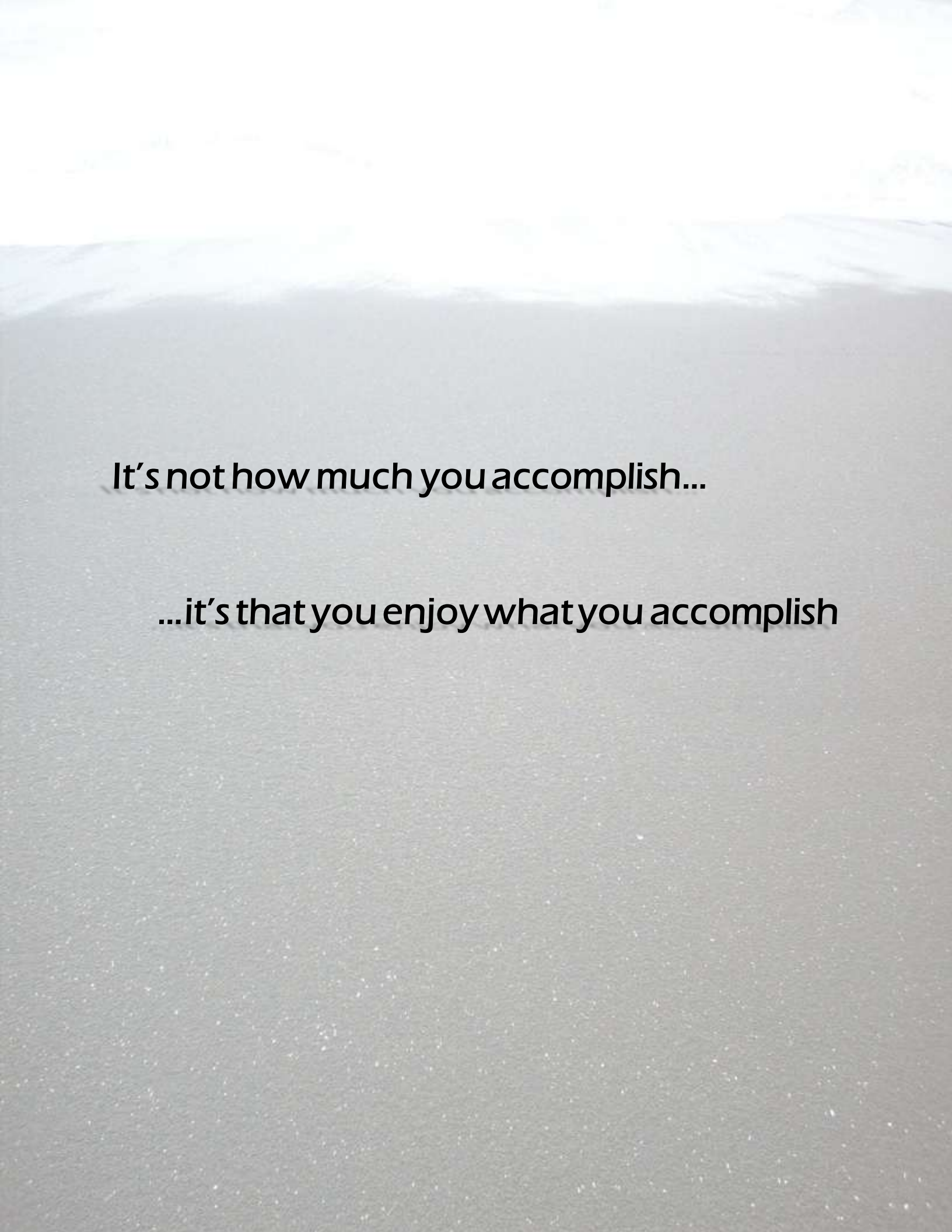
You may be asking, “Now, how does this relate to minimalism?” Well, in a minimalist lifestyle approach, we take the unnecessary out of life. Whether that is stuff, actions, commitments, or decisions, we all need to minimize multiple aspects to life. One aspect is our thought process. If you can clear your head by asking simple questions and making simple decisions that benefit your goal-driven life, living a minimalist life is definitely possible.

7 MINIMALIST ACTIONS TO LIVE LONGER

The Simple Ways to Extend Your Life

- **Be Care Free** – Making sure you have food on the table is important. Stressing over a million things a day should be addressed. Ask yourself each time you feel stressed if what you are being stressed over is that important.
- **Walk Further, Drive Less** – Going [Car-Free](#) is an awesome way to improve your health and reduce stress. Try taking walks to the places within a mile (i.e. the grocery store, gym).
- **Simply Disconnect** – Take everything that is connected to the outside world away from your life for 30 minutes minimum a day. Here are [7 Simple Ways to Disconnect](#) from Everett Bogue.
- **Eat Healthier** – There is no reason to take years off your life by ingesting crap. Try a [vegan diet](#) to improve your mood and add years to your life. I am going to test this soon.
- **Just Relax** – There are a million and one things that always need to be done. How about doing nothing for 5 minutes and just [relax](#)? A stress free life is a longer one.
- **Write** – Put that pen to paper daily and get some words out. You will start to relieve stress and tension as you express yourself. It takes 10 minutes daily, but adds years to your mental capacity.
- **Be Active** – Run around. Be a kid. Climb a mountain. Run a race. Do something outside daily to gain health benefits and enjoy the benefits of a beautiful landscape.





It's not how much you accomplish...

...it's that you enjoy what you accomplish

WORDLESS FOCUS

Sometimes Nothing Heard is Simple in & of Itself

Focus comes in all shapes, sizes and sounds. Discovering the environments that lead to our most productive states is monumental to our success. This is why wordless focus may be the most overlooked approach.

There are three applicable wordless actions that I have found to be of greatest use. The first wordless action is listening to musical scores while producing your latest masterpiece provides a flow to your energy. The second is being performing your action within a natural environment. Lastly, the presence and action of silence.

At times, I listen to the Clint Mansell Pandora station. Mansell produces some of the finest scores to movies. You have probably heard hundreds of his scores without even knowing who they were by. Through Mansell's and other artist's scores, one can flow with the provided theme in the music without being distracted by meaning established by the voice within music. By implementing wordless music, there is the ability to drown out any outside noise, while bringing about energy, concentration and creativity through the firing of neurons within the brain.



A natural environment can be a source of productivity as well. Some of the best writers in the world move to the outskirts of civilization and live in an abode that promotes focus on the topic of their writing rather than the energy of the unnatural environments of society. Nature tends to calm our over stimulated minds permitting that similar flow generated from the musical cores.

There are no sounds. There is stillness. There is silence. How often do we enter a state of complete silence? It is rare that we choose to sit in an empty room and ponder. However, this may be an action most of us should attempt for purposes of productivity and focus. Our environments have caused the need for over-stimulation so breaking this may be difficult. Once one breaks down the uneasiness of silence, it may allow for direct attention on the desired goal.

Wordless focus generates energy to progress in the direction we start in. Eliminating the effects of outside thoughts by way words grants one to stay on the desired path.

Words are powerful factors in regards to our focus or lack thereof. Sometimes, they can prevent us from accomplishing great things just by being present. If one eliminates the effect of words within our productive environment, one may be able to complete their goal with the results showing focused perfection.



LETTING GO

The Importance of Letting Go

I know. It's just easier to keep that garage full of crap that hasn't seen the light of day in a decade. I mean, there is always that minute possibility that each of those items could possibly be used at some point.

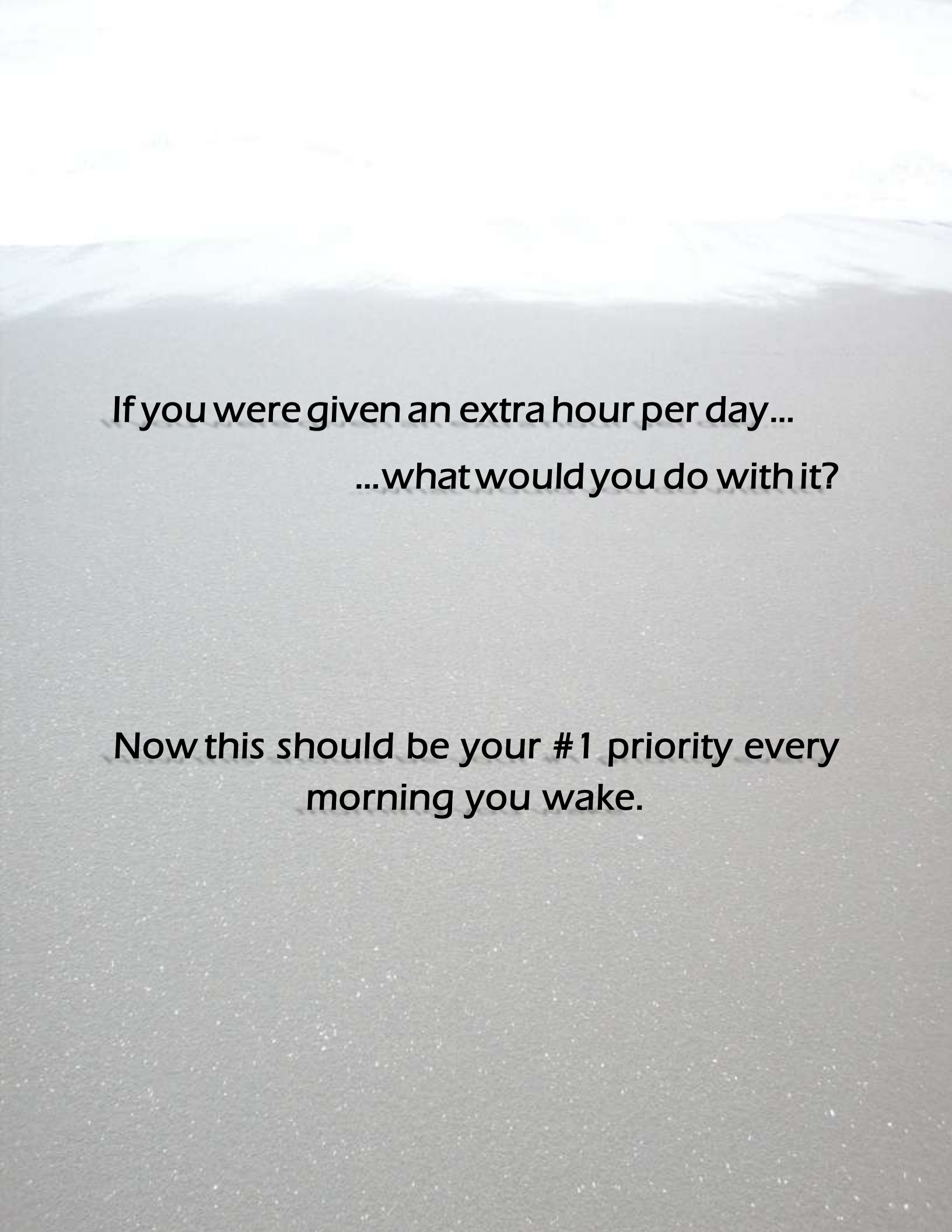
I am amazed how we as human beings are capable of having such higher thinking power than every other mammal out there, yet we can't seem to trash the Thighmaster that looked amazing with the beautiful Suzanne Somers using it, but looked even better just sitting in the corner not being used. People, it should not be so hard to rid items that truly have little meaning in your life. I am not even speaking of general minimalism here either. I am talking about ridding stuff that isn't being used. Sure, I want and think you should be able to reduce to levels you probably think are extreme right now, but my first step goal is to get you to let go of your emotional attachment to worthless stuff.

The key to this is being honest with you. I can't make you do anything (despite my desire too). You have to take your life in your hands and say, "What is important to me?" Are your kids? Okay, then throw away all the crap laying in your yard so they can actually play around and have a good time in the yard. Is having a pimped out man-cave of your desires? Okay, then clean out and trash 90% of what is in your garage and build a dungeon where you can be-a-guy with a flat screen TV and leather couches. You have to ask yourself, "Does this thing or things contribute to the lifestyle I want?" If not, TRASH IT.

The emotional tie we have to stuff is ridiculous. We must break that bond to develop a stronger identity of our own lives meanings.

Ask yourself honestly this question right now: "From where I am sitting, can I throw away one thing right now?" If you say, "YES", then great job and go do that. If you say, "NO", then ask yourself if you are being honest or not letting go.

Its tough ladies and gent's, but just like your baby blanket and daughter going off to college, you MUST let go of your stranglehold on stuff.



If you were given an extra hour per day...

...what would you do with it?

Now this should be your #1 priority every morning you wake.

MORE FROM LESS

How to Have More of What You Need & Want

You may think a larger paycheck will do the trick. You may think a week vacation will fix things. You may even think that a diet pill will make you healthy and fit. Unfortunately, you are not thinking in a simplified way that would lead to the results and happiness you want and need.

It wasn't until I realized that less was more in my life that it all came together. After years of thinking more money was going to solve all of my problems, it was the slap of my own face, metaphorically of course, that led to my overcoming the urge for more and appreciate and utilize that which was already in my possession.



You Have What You Need

I wish I could guarantee this, but I can't. More than likely, you have all that you need right now.

Right now, you probably have all that you need. You have food, shelter, support, yet you still are looking for something. I commend searching for more in your life, but what are you searching for. Are you

searching for that which will make you happier for the rest of your life or are you searching for short term pleasures that are inevitably unnecessary to your true goals.

If you step back from what you are doing for a moment and simply ask, "What do I really want from life?" you may find that you have the necessary tools and capabilities of achieving such. Does this mean that you will never add to your repertoire? That is

definitely not the case. **However, to achieve more, you should first acknowledge and apply that of which you already have.**

Lemons to Lemonade

I think most of you know the phrase, “When life hands you lemons, make lemonades.” The same can be applied to simplifying.

If you were given an hour to just to simplify one part of your life, it may make 7 more hours per week available just due to that one hour. So, knowing that, why not find that one hour opportunity today to focus on simplifying and possibly free up time in the rest of your week. This applies to the concept of *More from Less* because what you are doing is taking 1 hour which will make 7 more hours available to do whatever you want for the rest of the week.

Now, you may be saying, “Sure David?! If it was that easy, then I would be doing it now.” Unfortunately, it is that easy and I have no idea why more of you aren’t doing so now. What you have to realize is that the more organized and simplified your life is the more lemonade (i.e. opportunities, adventures, free time) you make available.

Get What You Want

I am a firm believer of going out and doing whatever you need to do to achieve your dreams. I don’t think many people would disagree with this. But, we must also acknowledge that our journey is that of one. That which others need to succeed is not necessarily the same for you and I. This is important because getting what you want

needs to come from using the tools you have.

Put to the Test

Though I love talking about myself, I have tried to stay away from that in this eBook. That is until now.

I want to share with you how I have put *More from Less* to the test in my own life to show that you can do the exact same thing.

When it comes to writing for me, I am either in the mood or far from it. Being that I make my living as a writer, it is extremely important that I produce valuable content all the time. However, there are moments when writing has been the last thing I want to do. This can affect the quality of my posts at *the minimalist path*. Plus when I am not in the writing mood, it can take up to four times as long to pump out a quality article. To counter this, I simplified my approach. When I am in a writing mood (at least once every other day), I tried to continue writing until I am close to being worn out. By doing this, I place myself in a flow. This flow is simply getting the most out of this specific time. The best part is that if I were to write for 2-3 hours during the time that I am in a flow, I am saving myself a good 6 extra hours that it normally takes to write the same amount and quality of content that would have been in a non-flow time. In other words, I got *More from Less*.

Comes Down to Focus

I wish there were an easier way to put it, but most of our productivity comes down to focus. Stop multitasking and start single tasking. I know it sounds against what everyone else is proclaiming when it comes

to productivity and it is. However, how many of those people do you know that are actually productive? It is way over due to start implementing different ways to produce the results you want.

You can get *More from Less*. You can produce more of what you need and want from less time. It just comes down to how you are going to apply your focus. Are you going to watch television, cook dinner, do your project, and clean the garage? You can't do that, so stop doing that and just pick one thing and do that awesomely (yes, I just made up that word).

What I am saying is to stop whatever you are doing all the time and simply focus? I know it may sound stupid to just halt whatever you are doing, but if it means looking ridiculous to save yourself more time, money, energy, then I think it is worth looking ridiculous.



SIMPLE FINANCES

How Simplicity Turns Unused Resources Into a New Life

No, I am not giving you free money. Rather I am going to point it out to you.

Simplicity is rarely seen as a first approach to correcting one's finances. First there's giving up the dinners out. Then go the random shopping sprees. Maybe next, we stop driving across town for a beer. Then...well, this could go on for a while. The disappointing part is that simplicity techniques usually fall way down on the list of things to do when finances are unstable.

This is why I suggest simplicity be one of your first approaches to handling your finances.

Stop Buying

The elephant in the room when it comes to correcting financial instability is the act of not buying anything else.

Other than the life sustainable necessities, I doubt there is much we need that we spend most of our money on. From entertaining ourselves to overly feeding our growing waistlines, money has been drained by the unnecessary.

So, the first simplistic approach to combat overspending is to stop spending. It is as simple as that. With whatever that involves money, analyze if it is necessary.

Start Selling

You have all heard of eBay and Craigslist. Start making some side income from selling all of your junk that other will pay cold hard cash for.

Another great way to make a bit of side income is to start your own blog about whatever you know best or are learning about and sell an eBook. The response has been tremendous to many of my eBooks along with a bit of passive side income.

Either way, you have plenty to offer so start selling your stuff or your ideas.

Keep a Budget

Whether you follow [BudgetsareSexy](#) or [EnemyofDebt](#) or one of the thousand other finance bloggers out there, you will always find that they each suggest a budget. They may vary how they are constructed, but they all apply budgets in one way or another.

The budget is and will always be the only one many of us can build a financial path to freedom.

3 Simple Steps

Stop buying, start selling, and keep a budget are the 3 simplistic steps that I think will put you on stronger financial ground.

Sure, there are million and one other factors and approaches, but these are the easiest to implement. When it comes to our biggest struggles, like personal finance, simplifying the process and approach usually will eliminate most clutter and chaos.



Unautomate Your Finances

I am definitely not the personal finance wizard. I know what works for me, but rarely am able to directly suggest financial advice. That is what I have Adam Baker for.

Baker has simplified his life, traveled the world, and done it all while maintaining sound financial practices. His eBook entitled [Unautomate Your Finances](#) is a great tool that I suggest you check out.

DREAMLINING

Changing Your Life in 5 Minutes

I wish I could take credit for Dreamlining. I have to defer credit to one of my idols, Tim Ferriss, though. Dreamlining is one of those basic, simplistic actions that are so obvious, yet you never focused on the entire concept until someone else shoved it in your face.

Dreamlining is the defining of what your basic financial needs are to be living your dream. Often, we make planning success and a future more difficult than is necessary. The surprising thing is that you will find that your dream costs a whole lot less than you first imagined.

For myself, I figured out what it would cost to move to Australia which was my dream. Basically, I broke down my basic financial needs and what my dreams were, combined them, and then made it a reality.

Here's the thing that I love about Dreamlining. If you are capable of inserting numbers into blank fields and thinking about the craziest, most exciting life you could have, you can finish the Dreamlining task in 5 minutes.

The simplicity of Dreamlining is what should intrigue you the most. It can and will change your life no matter how pessimistic of an individual you are.

Below are the links to the Ideal Lifestyle Costing article, Dreamlining Sample, as well as the Dreamlining Calculator and Worksheets. I hope you enjoy and implement immediately.

[Ideal Lifestyle Costing – Article via Tim Ferriss](#)

[Dreamlining Example Sheet](#)

[Dreamlining Calculator & Worksheet](#)

REFLECTING ON TOMORROW

Simplicity is Admired, Had, & Enjoyed

Looking ahead is an attribute we apply to often to the incorrect aspects of life.

At any moment, I could die. I hope this isn't the case for at least another 60 years, but reality is such. In our lives, we tend to think about the up-coming payday or the soon to be released vehicle or the vacations we will have in retirement. Looking ahead isn't a bad thing. However, what we look ahead to should be considered.

For one moment, think a week ahead. What do you see? Now, think about 2 things you could do to make your life simpler over the next week and then think ahead a week. Does this differ from just looking ahead?

The reason I asked you to try this exercise out is because when we think ahead, we rarely think of how we can improve our life between now and that desired result. Usually, we just think of the desire result.

When I state that you should think of ways to simplify your life over the next week, I do not strictly mean clean your garage. You are more than likely interested in simplifying the stresses in your life. Along with simplifying these stresses, simplifying can maximize our opportunities at success and improve our standard of living. Simplifying your life can be a rewarding process if you view it more as an approach rather than a material-minded focus.



Simplicity Admired

From afar, simplicity is a brilliant approach to life. It glistens with ease and shines with promise. It is a feature we tend to overlook, yet when present, it is powerful.

Simplicity is something we all can have for the low, low cost of nothing, yet many of us just stare upon it without grasping it.

When stating that simplicity is admired, it should present a likelihood that you may



relate to. Personally, I related to viewing simplicity by others for two decades before I committed to such an applicable lifestyle. Going against this cluttered grain

is what held me and many others back.

Admiration is an acceptable feeling. However, when something is desired upon as simplicity frequently is, not trying to attain it is a waste of an opportunity.

Simplicity Had

Taking simplicity and applying to one's life may be the most life altering move anyone makes. Going from an outlook of complexity to one of basics can be challenging, but once had; it will be seen as a positive practice.

Like many approaches, simplicity cannot be fully understood until one applies to their

life. By developing routines of simplifying one's outlook and approach, one can appreciate its perfection.

It would be unrealistic to say that we are capable of simplifying all of which we have. Nevertheless, we can still apply to the format of our goals.

Having simplicity intertwined with your actions and thoughts is a slow process. When you are removing a portion of your thought process that has been cluttered for an extended time,

Simplicity Enjoyed

Once one attains the characteristic of living a simplified life, the feat can be somewhat overlooked. Since the attribute is now applied in ways never thought and with little attention or effort placed on doing such, one must step back from their actions to reflect and appreciate the efforts it took to implement such a lifestyle.

Like noted, it can be rewarding to know that you are simplifying your life without having to purposefully do so. Just as materialism has become engrained in our actions, simplifying can be as well. With that, one can then enjoy the fruits of the labor of change.

Reflecting on Tomorrow

The reason this chapter is titled *Reflecting on Tomorrow* is because when we reflect on what we have done, we are often unable to look ahead. Whereas, reflecting on what one's life will be once simplification is applied will enable one to see the effects and what their actions today will lead to.

LEADERS OF THE PACK

Diamonds in the Rough

As mentioned earlier, the minimalist community has grown by leaps and bounds over the last year or so and luckily, I am a part of that growth. However, there are plenty of brighter and wiser individuals that you should take note of and start following their inspiring paths to individual simplicity.

Throughout this eBook, there will be sections that will acknowledge individuals and their contributions to the minimalist community. The goal of presenting these bright minds is to help spread the word about options and choices. There is no specific way that must be followed to find one's simplified path and by presenting a variety of minimalist thinkers, you will come away with an opportunity to choose your own mentor.

Minimalist Thinkers

The following is a list of those who will be featured throughout this eBook. I hope they are able to help guide you in a way I may not be able to. Enjoy...

- + Everett Bogue
- + Karol Gajda
- + Leo Babauta
- + Brett Oblack
- + Colin Wright
- + Tammy Strobel
- + Sam Spurlin
- + Joshua Becker

KAROL GAJDA

Ridiculously Extraordinary

Have you ever built a guitar by hand...*in India*? Have you ever quit a job...*that comfortably provided a BMW and large house for 1*? Have you ever traveled the world...*with no plan of coming "home" anytime soon*? If you are like me, you haven't done these things. However, there is a brilliant man named Karol Gajda that has.

In mid-2009, Gajda started Ridiculously Extraordinary (RE) with the hope of helping others achieve similar dreams. He certainly could be spending his time more selfishly, but his intent in life is to help others enjoy life as much as he is.

When you first catch on to RE, you may think Karol is just trying to sell you a life of traveling abroad. Sure, he does that and he loves it, but he understands this isn't for everyone. Instead, he preaches living simply and focusing on that which you love. If you love your grandkids and want more time with them but can't because of a job you hate, Karol teaches you ways to change this life you have to allow for more of the fun and exciting adventures...whether near or far.

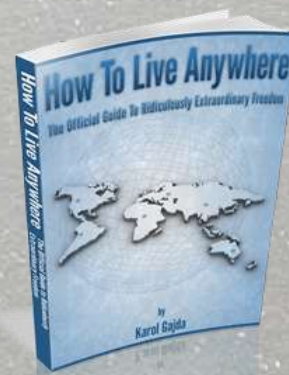
Gajda is suggested to everyone who wants more control of their life no matter what your dreams may be.



Suggested Articles

- [101 Lessons Learned After 29 Years Of Living Life](#)
- [21 Reasons You Should Quit Your Day Job And Travel The World](#)
- [How to Be Socially Unacceptable \(or Why I Quit Drinking\)](#)

Book by Gajda



BRETT OBLACK

Step 1 Minimalist

I must admit, I have not known Brett for long, but my experience with him and his approach is forward thinking.

Over the last month or so, I have had the honor of working with Oblack on my other site Running Somewhere. When I meet people through blogs and other ways online, they usually are trying to figure out the quickest way to get things done. Now, that isn't all bad, but sometimes quality is sacrificed. With Oblack, this is not the case which is tough to balance in a simplified lifestyle and minimalist community.



Over at [Step 1 Minimalist](#), Brett focuses on “A journey of a thousand miles that begins with a single step,” as taken from Tao Te Ching. Oblack focuses on his goals through minimalism and general simplifying. His application of minimalism is different than many because he sees the end rather than the now. Looking ahead and applying for that specific reason can help one understand the reasoning behind such actions.

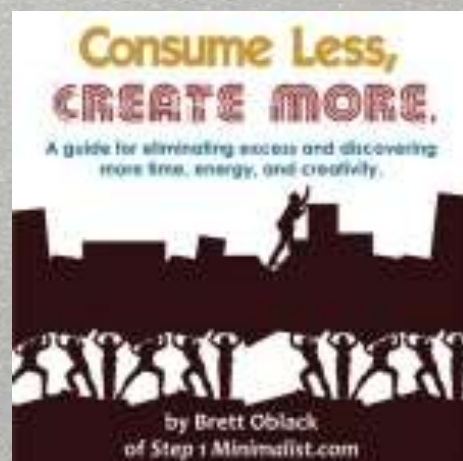
Often when simplifying, we focus on “ridding stuff” rather than allowing free space and time to work on a project. This end goal perception is key to his success.

Stop by [Step 1 Minimalist](#) for more goal focused simplifying.

Suggested Articles

- [The Need for Sustainable Minimalism](#)
- [How Much is Enough](#)
- [The Minimalist's Guide to Books](#)

Books by Oblack



COLIN WRIGHT

Exile Lifestyle

How many people are you intrigued by? Unfortunately, I am interested in a lot of people, but rarely intrigued. Unless you are talking about Colin Wright.

I wish I had some fantastic tale of how I started following Wright, but that isn't the case. I randomly found his site through a link and was in a trance immediately. Here's why...

- He lets his readers vote as to where he will live next.
- He is a 50 things or less minimalist.
- He designs kick-a** clothing.
- I feel calmer and more enlightened every time I watch his videos.



There are those that we cross in life that we admire and reflect on our own actions and decisions. Wright is one of these for me and I try to implement much of his focus and desire to that of which I love.

As to his simplified ways, Colin travels the world with only those things that he loves (yes, I keep repeating this because it is important). He sticks to what is simple and applies that approach to, what seems, everything he knows.

If you want to be in awe and admire from afar, feel free to do so at [Exile Lifestyle](http://ExileLifestyle.com).

Suggested Articles

- [Breakup Party](#)
- [What Would You Do If the Internet Died Today?](#)
- [How to See Like a Traveler All the Time](#)

Books by Wright



EVERETT BOGUE

Far Beyond the Stars

Back in late November or early December of 2009, I received an e-mail from one Everett Bogue. I was still fairly new to the world of minimalism and learning how to properly share my voice. However, Bogue was interested in interviewing me for an article at his site Far Beyond the Stars.

In the interview, Bogue touched on multiple aspects of simplicity and how I applied it to my life. Honestly, the interview was probably 6 months to early because at the time, I still was a small voice that wouldn't become what it is until roughly 5-6 months later. Though maybe a few months early, the interview questions were great and for one reason or another, I didn't realize what Bogue had coming.

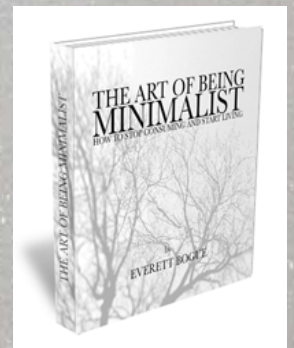
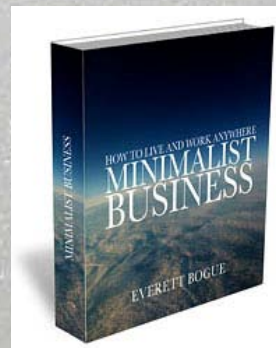
Over the 6 months following that interview, Everett released two eBooks that sold like ice in Arizona and have added a completely different perspective to how people implement minimalism. His articles at FBTS have emerged as some of the most in-depth, well informed. Bogue has changed the landscape of how to enter a niche, provide incredible value and dominate.



Suggested Articles

- [The Stunning Truth About Focusing on the Important](#)
- [How to Succeed By Being Completely Unrealistic](#)
- [9 Minimalist Steps Towards Passive Income](#)

Books by Bogue



JOSHUA BECKER

Becoming Minimalist

Examples are the only way we learn from previous situations. Becoming Minimalist is a prime example of how a family of four can live a simpler life as one and build the life they truly want.

Joshua Becker runs the site Becoming Minimalist which chronicles his family's journey to simplify their journey. For many, there are similar excuses that I know Becker has addressed taking on this challenge. His articles relate to all and touch on the everyday aspects of a normal family trying to change the approach that has been pushed on them by others.

I suggest [Becoming Minimalist](#) for the sole reason that it is a site that I can't write much about. It discusses the family dynamic that I am not a part of yet. Sure, I have a serious relationship that will be a family one day, but for now, Becker, along with Leo Babauta, are the two pioneers of the minimalist family voice.



Suggested Articles

- [10 Most Important Things to Simplify in Your Life](#)
- [How to Become Minimalist with Children](#)
- [When You're a Minimalist But Your Partner Isn't](#)

Book by Becker



LEO BABAUTA

Zen Habits
Zen Habits

As many of you faithful TMP followers know, the reason I started TMP was because of a man who went from an unhappy, unhealthy, unfit, debt-filled man changed all of this and more to become the Leo Babauta we know and love today.

Through ZenHabits, Babauta shares his thoughts and experience with transforming his life into one of simplified focus on that which he loves. At TMP, one of the most stressed points is that you simplify to maximize the things you love. Leo does just that by appreciating change and implementing and testing new approaches to everything.

The major reason you should be reading ZenHabits and follow Leo is because he provides his honest opinion without being individually judgmental. He brings about simplified understanding to complex problems. If you have any chaos in your life, I can almost guarantee you will find a solution in ZenHabits archives.

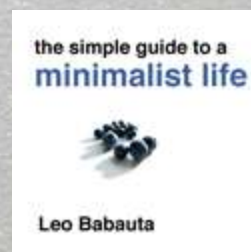
If it weren't for Leo, I would have never started *the minimalist path*, released multiple eBooks, and, most importantly, positively changed my life forever.



Suggested Articles

- [10 Simple Ways to Live a Less Stressful Life](#)
- [How to Declutter a Room in One Go](#)
- [20 Classic ZenHabits Posts You Might Not Have Seen Yet](#)

Books by Babauta



SAM SPURLIN

the simpler life
the simpler life

Why is Sam Spurlin such an incredible simplifying influence? For one of the reasons I can relate to the most, being in your face.

Sam has the aspiration of helping others enjoy life in a simpler fashion. However, if you are not good at taking constructive (key word) criticism, than *the simpler life* is not for you. I say this not to down Spurlin one bit. I think this is the best approach to change. However, there are those that enjoy a more subtle approach.

Over at the simpler life, Spurlin shares his insight on how simplifying has improved his life and where he is focused on applying more. He tells you what you are more than likely not applying and how you can do that in direct points.

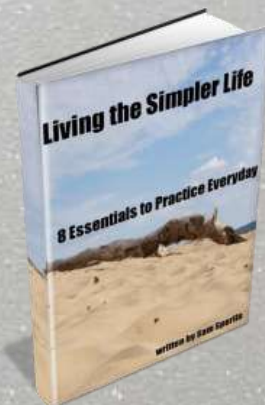


Directness is an attribute I implement and love when interacting with others. If this motivates you to do more in a simpler fashion, you should check out [the simpler life](#).

Suggested Articles

- [Simplifying Happiness The Dalai Lama Way](#)
- [3 Ways to Take Control of Information Overload](#)
- [Get to the Source of Procrastination: Distractions](#)

Book by Spurlin



TAMMY STROBEL

Rowdy Kittens
ROWDY KITTENS

Take the common outlook on life of struggle and grind, flip it on its head, and you will have Tammy Strobel of Rowdy Kittens outlook.



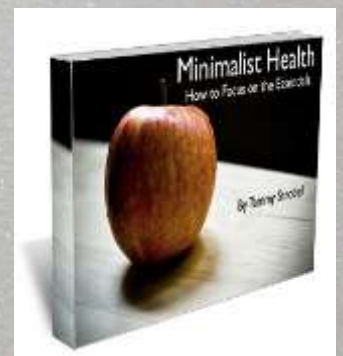
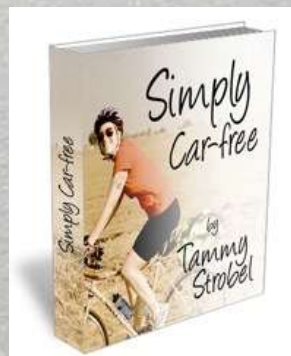
It may just be the smiles I always see in the images at her site or the constant positive feedback by fellow readers, but Strobel is providing happiness through simplicity that is rarely found. This point makes her different than other minimalist sites because most minimalist writers, including myself, have a negative or downside tone to approaches to life outside of a simplified one. Tammy takes a positive outlook to every topic she discusses which is refreshing.

I believe her strive to live a free and joyful life shines through her writing and teachings which I am sure you will enjoy at [Rowdy Kittens](http://RowdyKittens.com).

Suggested Articles

- [22 Ways to Practice the Art of Relaxation](#)
- [How to Say "No" Gracefully](#)
- [6 Secrets of a Loving Relationship](#)

Books by Strobel



THE JUMP

A Leap of Faith

In one of the most beautiful places in the world, Waimea Bay, I stood perched on this overwhelming boulder. Looking downward, the waves crash along the beach and rock and returned to their resting place of the sea every few seconds only to return soon again. There were a handful of others taking the plunge I was so afraid of. The nerves of pondering a dive into the ocean blue rolled through my body and I began to step away from the edge. Then, it hit me. It wasn't that the jump wasn't safe because it was. It was the unknown. The jump and following fall to earth appeared to be a great thrill and one that led to a happy ending, but my fear took over and I began to let it control my actions. At this moment of realization, I strode forward and plunged into the sea about 30 feet below. Upon surfacing, I gasped for fresh air and realized I was alive. I had conquered the fear and captured the ecstasy of success.

The leap of faith I took on that rock is the leap of faith I ask of you. I ask that you take a step into the unknown and achieve that which you were once afraid to face.

A simple minimalist life is one that will make your dreams a reality. All you have to do is jump...



THANKS...

...to all of you

I want to take a quick moment to thank all of those who have helped make my dreams a reality.

To my fellow simplifying, minimalizing bloggers, I thank you for all your insight and wisdom.

To my fellow world travelers, I thank you for sharing your trials and tribulations.

To my girlfriend, I thank you for dealing with my sometimes over-simplistic ways.

Lastly, to each and every one of my readers, I thank you for supporting the cause.

I thank you all for taking this journey alongside me.

David Damron

The minimalist path